
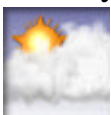


Friday



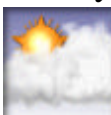
Sunny
Lo: 33°F
Hi: 58°F

Saturday



Mostly cloudy
Lo: 35°F
Hi: 60°F

Sunday



Mostly cloudy
Lo: 40°F
Hi: 63°F

Red Raiders sink
Midshipmen
38-14
See Page 1B



Guidance provided
for AF logo on
lightweight jackets
See Page 4



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 1

www.sheppardsenator.com

January 9, 2004

New-look *Senator* hits the racks

By Mr. John Ingle
Editor

Perhaps the best advice leadership here has to offer is to “step out of the box.” Don’t be like everyone else.

Well, the staff of the *Sheppard Senator* has done just that.

By now, you’ve seen the *Senator* has gone through several changes since the last pub-

lication in December. The size, look and layout of the paper have completely changed from the old style.

No longer will people see a thick, tabloid-style newspaper. The new style serves a couple of purposes. First, the new style allows the staff more freedom in designing a newspaper to make it appealing to readers. It also gives more stories on one page so readers won’t have

to flip pages so often.

Our charge here at the *Senator* is to provide a quality and informative newspaper to the base populace. That’s to include local, branch specific and national news regarding the military.

Through a survey conducted in mid-September, readers expressed a desire to have more and a variety of stories.

For the last several months,

the *Senator* has done so by having more Air Force News stories as well as stories from sister service news agencies. All military members stationed here are part of Team Sheppard.

Another positive the new style brings is the location of specific items such as the Sheppard Spotlight, Soundoff and Views. The location of sections won’t change from week

to week, whereas in the “old-style,” items would be in different places each week.

The reliability of having a specific section for news, features, views and a new section called the “Community Digest.” The digest will be a compilation of the “Student Activities” and “Sheppard Scenes” pages from the old *Senator*.

An entirely new venture for

the *Senator* is to have Section B for sports and classifieds.

As intramural sports kick into high gear, more local sports stories will appear as well as standings from the various leagues.

Also, more service academy stories will be included.

Like the Wright Brothers’ desire to step outside the box 100 years ago, the *Sheppard Senator* is set to do the same.

On the
Inside

One click, one
call system now
available

A one-stop customer service phone number and web page are up and running, linking several call centers and online resources Air Force people use when managing personnel and pay information.

For full story, see page 2.

Commissary
beef safe

Officials at the Defense Commissary Agency are closely monitoring the ever-changing situation involving a case of bovine spongiform encephalopathy, also known as “mad cow” disease, identified Dec. 23 in a single cow in Washington state.

Col. Mark Wolken, chief of public health, safety and security for the agency, said commissary beef is safe.

For full story, see page 3.

Elementary
one of the best

Sheppard Elementary is one of two Texas schools selected to represent the state for national recognition at the National Title I Conference in February in New Orleans.

The purpose of the Title I, Part A National Distinguished School Recognition Program is to identify schools that are demonstrating success in ensuring all students, including all demographic groups of students, make significant progress toward learning.

For full story, see page 5.

SPAMFest
Jan. 17

Ever wonder what could be cooked with or done with SPAM? Find out during a day chocked full of SPAM activities including races, sculpting, carving and cooking.

For full story, see page 8.

| | |
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| Activities | 8A |
| News | 2-4A |
| Features | 5-6A |
| Editorial | 7A |
| Sports..... | 1-4B |
| Spotlight..... | 6A |
| Soundoff..... | 6A |

Helping hand

U.S. delivers
supplies, experts
to aid Iran

By Mr. Jim Garamone
American Forces Press Service

WASHINGTON, Dec. 29, 2003 – Proving that disaster knows no politics, U.S. service members are delivering humanitarian aid to Iran in the wake of an earthquake that has left an estimated 25,000 Iranians dead.

A magnitude 6.7 earthquake struck the area near the city of Bam. Unreinforced mud brick buildings crumbled, killing thousands as they slept. Iranian officials said today the death toll could reach 40,000 in Bam and the surrounding countryside.

Soon after word of the catastrophe spread, President Bush was informed on it.

“We are greatly saddened by the loss of life, injuries, and widespread damage to this ancient city,” Bush said in a written statement Dec. 26. “I extend my condolences to all those touched by this tragedy. The thoughts of all Americans are with the victims and their families at this time, and we stand ready to help the people of Iran.”

A senior U.S. government group met Dec. 26 to see what humanitarian aid the United States could provide. At first, the group worked through the Swiss government. The Swiss are caretakers for the United States in Iran, and have an interest section in the Swiss embassy here.

But U.S. officials soon decided to speak directly to the Iranian government. Deputy Secretary of State Richard Armitage called Iran’s counselor in the Swiss embassy in Washington, Mohammad Zarif, with the U.S. offer of assistance. “It was favorably received,” said a State Department spokesman.

“Due to the urgency of the situation, we decided direct contact was the most appropriate channel,” said the State Department official.

He said the direct contact does not alter the tone or content of other issues the United States has with Iran. The humanitarian concern is paramount to the United States.

“Our only mission is to alleviate the human suffering caused by the earthquake,” the official said.

The U.S. government decided to deploy civilian teams composed of



DOVER AIR FORCE BASE, Del. -- A tractor-trailer is loaded aboard a C-5 Galaxy here Dec. 27. People and equipment from Virginia's Fairfax County Urban Search and Rescue Team were en route to assist with rescue and recovery operations following an earthquake in Bam, Iran. A crew from Dover's 9th Airlift Squadron flew the team to Europe on their first leg of the humanitarian mission.

more than 200 experts in urban search and rescue, emergency surgery and disaster response coordination. These included medical response teams from Boston, and local disaster response teams from Los Angeles and Fairfax County, Va. Disaster response experts also will be drawn from the U.S. Agency for International Development the Federal Emergency Management Agency and the State Department.

The U.S. military began deploying more than 150,000 pounds of medical supplies from bases in Kuwait to the people of Iran. It was the first U.S. aircraft to land in Iran since the end of the

Iranian hostage crisis in 1981.

At least seven C- 130 Hercules flights went from Kuwait to Kerman, the Iranian provincial capital near the affected areas. In addition, a C-17 Globemaster III from Charleston AFB, S.C., delivered personnel and equipment to Kerman.

News reports said U.S. airmen and Iranian soldiers worked side by side to unload the giant airlifters.

The United States will continue to work with the Iranian government, international agencies and the Red Cross and Red Crescent as recovery efforts continue, officials said.

Soaring
with
Eagles
Tops In Blue
to perform in
February

Tops In Blue, the entertainment showcase of the United States Air Force, will perform in Wichita Falls Feb. 6 at 7 p.m. in Memorial Auditorium.

Tops In Blue 2003 will take center stage and perform a free, 90-minute show, taking you on a musical journey celebrating 50 years of Air Force Entertainment and 100 years of powered flight.

Who: U.S. Air Force entertainment group Tops In Blue
When: Feb. 6 at 7 p.m.
Where: Wichita Falls Memorial Auditorium
Contact: Janet Simonson at 6-2401

The show, appropriately named, ‘Soaring With Eagles,’ is a musical celebration of their proud entertainment history. As always, Tops In Blue will celebrate with music that captures their history, and our American heritage.

According to Tom Edwards, the show’s producer and director of Air Force Entertainment, “This year is indeed a milestone in the history of the program and the history of the Air Force. We plan to celebrate with our fans by performing some of our all-time favorite songs. It’s the music which reflects the true essence of Tops In Blue, and it’s what we do best.”

The group will put you “In The Mood” for an evening of celebrations as they revisit their favorite songs from the past five decades.

The ‘60s and ‘70s come alive with some oldies but goodies from the Supremes, Tina Turner’s “Proud Mary”, and the Village People’s ever-popular

See TOPS, Page 3

Judge reverses ruling, anthrax use continues

Pentagon waits for guidance

By Ms. Sandra Jontz
Stars and Stripes

WASHINGTON — A federal judge on Wednesday lifted the temporary injunction he imposed Dec. 22 that banned the Pentagon from forcing all servicemembers to get the anthrax vaccine.

U.S. District Court Judge Emmet Sullivan’s reversal of his own order paves the way for the Pentagon to resume inoculating troops deployed to high risk areas like Iraq,

Afghanistan and South Korea.

However, the injunction remains in place for the six anonymous “John Does” who filed the lawsuit in May seeking reprieve from a vaccine they said is unsafe and unapproved by the Food and Drug Administration.

Pentagon officials did not know by press deadline if or when they would resume vaccinating troops.

“We’re aware of the ruling. That’s all I can say at this point,” spokesman James Turner said.

See ANTHRAX, Page 3

Sheppard officials respond

By Airman 1st Class Jacques Lickteig
Base public communication

A U.S. District Court judge reversed his ruling Wednesday that allows the military to continue the use of the anthrax vaccine.

Judge Emmitt Sullivan reviewed his preliminary injunction that stopped the use of the vaccine and restricted his ruling to the six military members named in the federal lawsuit.

Capt. Samantha Elmore, the public health flight commander at Sheppard,

said the vaccine is safe and effective.

“The safety of the vaccine was never in question,” she said. “What’s in question is whether or not it’s effective against inhalation anthrax.”

The vaccine, Anthrax Vaccine Adsorbed, contains a protein called protective antigen, which is a derivative of the real anthrax bacteria. The body uses the antigen to make antibodies, Captain Elmore said.

The plaintiffs allege AVA is an experimental drug unlicensed for it’s present

See RESPONSE, Page 3

One click, one call

Web site and phone number make customer service, answers easier for personnel

AIR FORCE PERSONNEL CENTER – A one-stop customer service phone number and web page are up and running, linking several call centers and online resources Air Force people use when managing personnel and pay information.

A single phone number and a companion website now make it easier for Air Force active-duty and reserve component military, as well as U.S. appropriated fund civilian employees to find what they need quickly, officials said.

Customers can find answers to questions by calling toll-free (800) 616-3775 or visiting

<http://www.afpc.randolph.af.mil/cst/>. Until now, the burden has been on Air Force people to determine which agency handles a particular issue before contacting customer service by phone or on the web.

Customers will be able to access any of the following support services by using the new number and website:

- Air Force Contact Center (General military personnel inquiries, including discrimination and sexual harassment concerns and assistance in navigating the vMPF application)
- ARPC Denver (Air Force Reserve and Guard personnel

inquiries)

- DFAS-Cleveland Contact Center (Air Force Military Pay Inquiries and assistance with the myPay application)
- AFPC Technical Assistance Center (TAC) (Technical support for applications such as vMPF, Assignment Management System, AFPC Secure and PC-III)
- AFPC Recruiting Service Center (Civilian appropriated fund job opportunities)
- AFPC Benefits and Entitlements Service Team (Civilian appropriated fund benefits and entitlements)

This latest evolution in cus-

tomers self-service is the product of revolutionary cooperation between different agencies inside and outside of the Air Force, officials said.

"A substantial partnership between military and civilian personnel, Air Force financial services (military pay), and Defense Finance and Accounting Service—years in the making—is making one-stop customer service possible," said James Short, the Air Force's deputy assistant secretary for financial operations (financial management).

"It goes beyond just a phone number and a web page," said

Roger Blanchard, assistant deputy chief of staff for personnel. "What our customer service transformation team is beginning to do is actually combine customer service efforts behind the scenes to serve customers faster and more efficiently."

Several of the linked call centers reside at the personnel center, where leaders have been facilitating the consolidation of Air Force customer service operations.

"We are making sure that customer service is a lot more than a 1-800 number," said Maj. Gen. Tom O'Riordan, personnel center commander. "Our focus is

making sure we meet the needs of the field, and that we accelerate those changes which make life [J2]simpler for the commander and our airmen," he said.

Customers calling from international locations and hearing impaired employees should continue to dial the number they currently use to access support for personnel and/or pay matters, officials said. The new toll-free number should begin accommodating [J3]foreign area calls early next year, officials said.

(Courtesy Air Force Personnel Center.)

Two SeaBees earn Bronze Star for OIF

By Journalist 2nd Class
Chad V. Pritt
1st Naval Construction Division
Public Affairs

PEARL HARBOR, Hawaii (NNS) – Two Pearl Harbor Seabees were presented with the Bronze Star Medal at a ceremony in front of the Pacific Fleet Seabees headquarters building here Dec. 19.

Commander, 1st Naval Construction Division Rear Adm. Charles R. Kubic presented the medals to Commander, 30th Naval Construction Regiment (NCR) Capt. William L. Rudich and 30th NCR's chief staff officer, Cmdr. Mark Libonate.

The awards given at the ceremony are so far the highest given to any Seabees for Operation Iraqi Freedom.

Less than half of 1 percent of service members has ever received medals as high as the Bronze Star, Admiral Kubic said during a speech.

"These Seabees have absolutely earned the awards they're given," he said.

During OIF, the 30th NCR staff was deployed with the 1st Marine Expeditionary Force (I MEF) Engineer Group to Iraq, cutting a swath to Baghdad as the war progressed.

It was during this time that Captain Rudich and Commander Libonate earned their Bronze Stars by replacing the traditional role of the Seabee with a more versatile and lethal force. OIF marked the first time that construction forces operated not from a fixed location, but virtually alongside the Marines as they advanced across the battlefield.

"Wherever we ended up at the end of the day, we unrolled our sleeping bags and that's where we slept," Captain Rudich said. "It was a whole new way of doing things."

Captain Rudich and Commander Libonate completed 10 missions from Kuwait to Baghdad, including the bridging of the Saddam Canal and Diyala River.

"It was an honest team effort by everybody who was involved," said Commander Libonate.

Captain Rudich, as commander of the I MEF Engineer Group's lead element, anticipated the movements of combat elements to ensure his forces were ready to provide support.

"They proceeded into the most dangerous combat area for Seabees since Vietnam," Admiral Kubic said. "When

they crossed the line of departure, these Seabees didn't know what to expect, but they succeeded at every turn, even when their duties required them to operate under the stress of war."

Though the I MEF Engineer Group came under fire on a near-daily basis at the beginning of major combat operations, there were no embedded media to tell the story.

"The coverage was at the front lines where it belonged," Commander Libonate said, "with the men and women taking direct fire."

The 30th NCR was deployed in support of OIF and Operation Enduring Freedom from January to May 2003. As members of the I MEF, the 30th NCR earned the Presidential Unit Citation for its support during OIF.

The Bronze Star Medal may be awarded to individuals who, while serving with the armed forces of the United States in a combat theater, distinguish themselves by heroism, outstanding achievement or by meritorious service. President Roosevelt authorized the Bronze Star Medal by Executive Order 9419, dated Feb. 4, 1944, and retroactive to Dec. 7, 1941.



U.S. Navy Seabees attached to Naval Mobile Construction Battalion 133 (NMCB-133) rebuild the Sarabadi Bridge on the Tigris River near Hillah, Iraq. NMCB-133 is working to build bridges damaged during the war so that Iraqi citizens can use them once again.

Navy flyer makes history as first B-2 Spirit pilot

By Capt. Kat Ohlmeyer
U.S. Air Force Public Affairs

NAVAL AIR STATION WHIDBEY ISLAND, Wash. (NNS) – While the B-2 bomber has already seen many milestones in its first 10 years, the 394th Combat Training Squadron is currently training the program's first Navy pilot, who will fly his first B-2 sortie here this month.

Lt. Michael Orr, a native of California, has been flying the EA-6B Prowler for the Navy since 1998 and began his B-2 training with the 394th CTS in April.

The Prowler is the only platform that denies, disrupts and degrades the enemy's radar, so the crews are charged with supporting inter-service assets.

Since the Prowler helps the B-2 elude radar through electronic attack, the 509th Operations Support Squadron began bringing Prowler students from Naval Air Station Whidbey Island, Wash., to Whiteman Air Force Base, Mo., in 2000 to teach them about the B-2 mission.

Lieutenant Orr was one of the students in the second class to visit Whiteman and that was



U.S. Navy Lt. Michael "Bobby" Orr is the first pilot from another branch of the U.S. military to fly the B-2 stealth bomber. He will be assigned to the 509th Operations Support Squadron at Whiteman AFB, following an extensive training program.

when his assignment with the 509th Bomb Wing started to take shape.

"While I was out here, I started talking to some of the guys in the OSS and I asked them how you become a B-2 pilot," he said. "And I just happened to casually say, 'Well, have you ever had a Navy B-2 pilot?'"

The response Lieutenant Orr received was not what he expected because OSS members said they would like to have a Navy

509th BW officials saying they were serious about having him come fly for the wing. But the process of getting a Navy pilot orders to an Air Force base to learn how to fly an Air Force plane is not easy.

"It's probably the greatest personnel story ever," Lieutenant Orr said. "Not only did I have complete support by our bureau of personnel to do this, but also from the Prowler community."

In fact, Lieutenant Orr said he was slated to go to the Fleet Replacement Squadron, which is similar to the 394th CTS, as a Prowler instructor pilot at the end of his deployment. But, the Prowler community didn't let that stand in the way of his opportunity to be a part of the 509th BW.

"They basically agreed that allowing me this opportunity to expand my professional experience was in the best interests of the Prowler community and my contribution to it," he said.

"Fortunately, the commander of the FRS was willing to fall one pilot short in manning for this to happen."

Once his training in the 394th CTS is complete, Lieutenant Orr will be assigned to the 509th OSS as the wing electronic warfare officer, working on projects to maximize the B-2's stealth capability.

"I knew if I took this job I would be able to work on some interesting projects involving the B-2, and that was probably the biggest lure for me," he said.

Lt. Col. Brian O'Rear, 509th OSS commander, said the 509th benefits tremendously from having the Prowler pilot integrated in the B-2 program.

"We usually go to war with EA-6B support, and strengthening our ties with that community is mutually beneficial. It makes the whole team stronger," Colonel O'Rear said.

Another benefit of Lieutenant Orr's assignment, for him and

the 509th BW, is seeing how another service works.

"Having a Navy pilot in the B-2 helps us continue to increase interoperability with our sister services," Colonel O'Rear said. "No service goes to war alone. It takes a team effort. Bobby brings a slightly different perspective to our program and makes us a more lethal fighting force."

But, Lieutenant Orr admits there is a small part of him that is proud to be here because he'll be able to look back and know he was the first Navy pilot to become a B-2 pilot.

"It's not the overriding reason, but it's kind of cool," he said. "I hope that when this is all said and done, they (the 509th BW) will look back and say this was definitely worth it and that they got out of me what they hoped. And in the same regard, I hope the Prowler community finds that this was worth it, because if they don't, I will have failed."

Briefly Speaking

NARFE meeting Monday

The local National Association of Retired Federal Employees Boomtown Chapter 2329 will hold its monthly meeting at 12 p.m. Monday at the residence of Foster and Marge Secord.

A second meeting will also be held Monday at 7 p.m. to accommodate those whoul can't attend the first meeting.

All current and retired federal employees, including military personnel, are invited to attend the meetings. For more information, call 569-2585.

Weight loss class meets Thursday

Take Off Pounds Sensibly, or TOPS, will have a meeting Jan. 15 at 6 p.m. at the Health and Wellness Center.

TOPS is dedicated to providing group support and information for individuals seeking to lose or control their weight.

Men, women and children 7 years old and older are invited to attend. For more information, call 855-4308.

Base to host MLK Breakfast

The Sheppard African-American Heritage Committee, in conjunction with the base chapel, cordially invite you to attend a Martin Luther King Jr. birthday commemorative service Jan. 16 at 7 a.m. in the officers club.

Brig. Gen. Toreaser A. Steele, vice commander of headquarters Army-Air Force Exchange Service, will be the guest speaker.

Please R.S.V.P. with your squadron first sergeant if you plan on attending the event.

Military attire will be the uniform of the day and civilians are encouraged to wear business casual clothes.

Bacon, eggs, sausage, coffee and juice will be served. Cost is \$6.50 for members and \$8.50 for non-members.

Best holiday houses named

The deputy commander of the 82nd Mission Support Group continued the yard competition award this year for Best Holiday House.

One family housing unit from each housing area was selected on Dec. 17. Criteria for selection of this award was originality, creativity and compliance with Christmas decoration policy.

The Holiday House winners for 2003 in Capehart was Tech. Sgt. Christopher A. Regier, 202B Matador, 366 Training Squadron. The Bunker Hill winner was Master Sgt. James Flower, 138 Venus, 82nd Aerospace Medicine Squadron.

Tech. Sgt. Ronald Nelson, 108 Childress, 361st TRS, was the winner in Wherry housing.

The winners of the Best Holiday House received a yard sign designating them as the winner, a \$25 gift certificate from AAFES and coupons from the 82nd Services Division.

Lt. Col. Jon Berrie would like to thank everyone for participating in the Holiday House competition; the housing area portrays the joy and spirit of the holiday season.

Chapel readies for 19th IGWS anniversary

The south chapel will hold the 19th Inspirational Gospel Worship Service Anniversary Celebration Jan. 25 at 10:30 a.m.

The guest speaker will be the Rev. Rita Twiggs, an associate pastor of Potter's House in Dallas.

For more information, call 6-7276.

CDC offers parents a break

The Give Parents a Break program will be offered Feb. 14 at the child development center from 6 to 11 p.m.

Children between the ages of six weeks to 5 years old are cared for in a safe and healthy environment by qualified caregivers. Reservations are accepted two weeks in advance.

Referrals to this program must be made by one of the following officials: commander, first sergeant, family advocacy personnel, chaplains, child development director, or family support personnel.

Pre-enrollment forms along with your child's immunization records and physical are required.

For more information, call 6-2038.

DeCA: No beef involved in recall

By Ms. Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. (AFPN) – Officials at the Defense Commissary Agency are closely monitoring the ever-changing situation involving a case of bovine spongiform encephalopathy, also known as “mad cow” disease, identified Dec. 23 in a single cow in Washington state.

Since Dec. 23, the U.S. Department of Agriculture has conducted a limited recall of 10,000 pounds of beef that may have originated from the infected cow and from cows slaughtered at the same time and location.

“No beef in any of our 275 commissaries worldwide has been involved in a USDA recall,” said Col. Mark Wolken, chief of public health, safety and security for the agency.

“The USDA has stated that the U.S. beef supply is safe and that the beef recall resulted from an abundance of caution, not fear that the meat is infected. Should the USDA make a determination that there is a danger, DeCA would be first to react to protect the health of our customers.”

Since the first U.S. case of BSE was identified Dec. 23, commissary customers have raised questions about the safety of beef purchased at their local commissary. Questions range from “should I return the ground beef I bought last week?” to “has my commissary received meat from the infected cow?”

The answer to both questions is “no” said Colonel Wolken, an Army veterinarian.

He said the brain, spinal cord and lower intestine – where the protein or “prion” that is believed to cause BSE is found – is not generally used in food consumed by Americans. Those parts were removed from the infected cow before any of it could enter the meat supply.

USDA investigators have determined that the recalled meat went to a few commercial markets in Alaska, Hawaii, Idaho, Montana and Guam as well as Washington, Oregon, California and Nevada.

“No commissaries received any of those shipments,” Colonel Wolken emphasized. “But I can certainly understand customers having concerns and questions. We’re all affected by this – we’re all concerned.”

Customers who choose to return products to the commissary may do so for a full refund, he said.

Mad cow is a fatal disease that destroys the brain of the infected animal. It is caused in cattle by misshapen proteins called prions and is thought to spread from animal to animal through contaminated feed.

A rare form of the disease in humans, known as variant Creutzfeldt-Jakob Disease, has been linked to the consumption of contaminated beef products.

About 140 deaths linked to mad cow since the mid-1990s have mainly been in Britain.

For the latest developments on the current situation as well as for links to the USDA and other information on recalls and food safety, commissary customers can check the food safety link at www.commissaries.com.

RESPONSE

Continued from Page 1

use.

“The licensed vaccine, which has been licensed since the 70s, meets all FDA standard when it’s used for pre-exposure prevention. It’s considered consistent with the FDA-licensed use of the vaccine,” she said.

Six plaintiffs filed a lawsuit against Secretary of Defense Donald Rumsfeld, Secretary of Health and Human Services Tommy Thompson and Commissioner of the Food and Drug Administration Mark McClellan claiming the

anthrax vaccination administered to military members is an investigational drug.

The Department of Defense had stopped the vaccinations until the legal situation is resolved.

Capt. Matthew King, a base attorney, said the plaintiffs’ arguments are based on the concerns of the FDA’s process to approve the vaccine for use against inhalation anthrax.

The plaintiffs argued that their injuries from the inoculations would be irreparable.



TOPS

Continued from Page 1

“YMCA.” Favorite hits from Gloria Estefan, MC Hammer, BOYZ II MEN, Ricky Martin and Marky Mark will energize you with all the “Good Vibrations” Tops In Blue has to offer.

The night’s entertainment builds to the stirring medley that embraces the Soaring With Eagles theme.

Known as the Air Force’s Expeditionary Entertainers, this year’s team of 35 active-duty military members will travel to 22 countries and perform over 150 shows.

“They are indeed a reflection of the ‘best of the best,’” Edwards said. “As this year’s team continues the tradition of worldwide ambassadors, this group of talented young Air Force men and women displays the pride, patriotism, and dedication felt by all Air Force personnel around the world.

“We’re proud to announce the continued sponsorship of AT&T and First Command during the 2003 world tour.”

To celebrate the 50-year milestone, AT&T will award 1,000 call-minutes and First Command will award a \$200 Army-Air Force Exchange Service gift certificate to two lucky audience members at each show. As an added tribute, AT&T has provided two 10,000-minute grand prizes, which will be awarded during the 2003 tour year.

No separate entry is required, prize entries at the show automatically become entries for the two grand prizes.

For more information on the show, contact Janet Simonson at 6-2401. For information on

Tops In Blue fast facts

- Did you know that Tops In Blue...
- Has performed at 6 World Fairs!
- Has performed for over 100 State Fairs and Festivals!
- Has produced 5 movies and 2 albums!
- Has performed before a single audience of 420,000!
- Had their TV debut in 1954 on Ed Sullivan’s “Toast of the Town!”
- Has performed in 6 Bob Hope Specials!
- Has performed before a live and broadcast audience of 110 million at Super Bowl XIX!
- Has performed before a live audience of over 250,000 people at the 2002 Daytona 500!
- Unloads and sets up over 36,000 pounds of equipment per performance!
- Features special effects lighting equivalent to 556 lights!
- Uses a stage and truss, which are built to fit on six pallets or one truck trailer!
- Uses over 2 miles of cable during each performance!
- Has featured over 1,700 airmen in their shows during the past 50 years!
- Has performed over 7,000 shows since 1953!

the Tops In Blue program or how to join, visit their official web site at www.topsinblue.com.

To submit a story to the Sheppard Senator, call 6-7244 or e-mail it to the newspaper at sheppardsenator@sheppard.af.mil.

ANTRHAX

Continued from Page 1

Judge Sullivan lifted the injunction because the FDA, the agency licensing the vaccine, issued a formal rule last stating the 1970-approved vaccine is safe, effective and guards against all forms of anthrax.

Two weeks ago, the judge ruled he saw no proof in the government’s argument the FDA approved the vaccine to guard against inhalation anthrax, thus making it an investigative drug.

On Wednesday, while siding with the government to lift the ban, Judge Sullivan remarked from the bench he found last week’s FDA rule “highly suspicious,” coming on the heels of

his injunction. The vaccine’s safeness and effectiveness has been challenged for years in court, he said, and in spite of countless administrative hearings and battles, he questioned the rule’s timing.

“Only after the issuance of an injunction, up pops a federal rule” supporting the government’s position, a skeptical Judge Sullivan told lawyer Shannen Coffin, a Justice Department attorney representing the Pentagon. “And you’re telling me it’s coincidental.”

“I’d stand on a stack of Bibles and tell you it’s coincidental,” Ms. Coffin told

Sullivan.

“That’s an amazing coincidence,” Judge Sullivan rebutted.

A few days after Sullivan’s injunction, the Pentagon halted its vaccination program altogether while lawyers fought the battle in court. According to Ms. Coffin, the stoppage meant roughly 1,000 troops a day were sent, unvaccinated, to the unspecified high-risk countries.

“Every day [the injunction is in place] is additional harm,” Ms. Coffin argued.

Mark Zaid, representing the six anonymous plaintiffs, told the judge he plans to continue the fight to stop the vaccine pro-

gram; first arguing against the FDA’s rule that the vaccine is safe, and also that the Pentagon has violated the process by giving vaccines to some troops out of sequence, violating the FDA licensing guidelines. Both sides are to issue next week a proposal to Judge Sullivan outlining the best future action.

The suit that spurred the judge’s initial ruling was filed March 18.

(Published on January 8, 2004 in the European Stars and Stripes. Used with permission from Stars and Stripes, a DoD publication. (C) 2004 Stars and Stripes.)

January is Glaucoma Awareness Month

By Major Roger M. Benjamin
82nd Medical Group

Glaucoma is the third most common cause of blindness in the United States and over 80,000 Americans are blind from this disease according to the American Optometric Association.

During January, the 82nd Medical Group and health care professionals throughout America are working to raise awareness of this disease to educate the public on the risk factors and early detection.

What is glaucoma? It is a condition in which the pressure of fluid within the eye rises to a point where damage to the optic nerve occurs. This damage can result in a loss of vision.

There are several types of glaucoma, but the most common type is open angle glaucoma.

In open angle glaucoma, the drainage network within the eye does not work properly and the fluid in the eye does not drain

adequately. Fluid is still produced, but cannot escape, and the pressure builds up inside the eye.

This process is slow initially and may not cause any symptoms.

If glaucoma goes untreated it can cause irreversible damage and loss of vision. This is why early detection with routine eye exams is so important.

Several factors increase your risk of developing glaucoma. Age is a major risk factor for glaucoma with a chance of developing the disease increasing four to 10 times higher after age 50.

Race is another risk factor for glaucoma.

Glaucoma damage is uncommon before the age of 50 in Caucasians, but may occur a decade earlier in African Americans.

A family history of glaucoma also increases risk of developing glaucoma.

Individuals who have close relatives with the disease have a

risk of three to six times greater than the general public of developing glaucoma. Diabetes also increases the risk of glaucoma, but gender is not a risk factor.

Although glaucoma is not a curable disease, early detection and treatment are effective in reducing or preventing further damage and vision loss. Glaucoma screening testing is done during routine eye examinations. These exams and follow-up can save someone's vision.

Many people assume that because they see 20/20 both near and far, they are safe from eye disease. Because there are no symptoms in the early stages of glaucoma, the disease might be active long enough for permanent damage to occur before seeking any treatment.

If you have any of the risk factors for glaucoma and have not had an eye exam within a year, please schedule a routine eye examination by calling 6-1847 or logging on to www.tricareonline.com.



Photo by Mr. Lynn Bullard

Family affair

Staff Sgt. Justin Seigrist, an instructor at the 363rd Training Squadron, takes the oath of enlistment during a ceremony Dec. 23. Retired Army Chief Warrant Officer Blaine McKivison, Sergeant Seigrist's father-in-law, had the honor of performing the ceremony.

E-mail hoax targets federal credit cardholder information

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON — A recent e-mail hoax targeted government purchasing cardholders in an attempt to gain vital account information.

The e-mail message linked users to a Web-based form, which fraudulently requested key information such as Social Security number, credit card account numbers and expiration dates.

"This is really uncommon," said Josephine Davis, Air Force banking officer.

Though there were only a couple of e-mail hoaxes this year, Ms. Davis said there are a variety of methods used to get government travel or purchasing card information.

"It's not because they're travel or purchasing cards, but because they are credit cards," she said.

"Credit and charge card fraud costs cardholders and issuers hundreds of millions of dollars each year," according to the Federal Trade Commission's Web site.

Both Ms. Davis and the FTC offer ways to avoid becoming the next victim.

"Be cautious," she said. "In general, unless you have initiated the transaction, nobody has any need to know your account number or expiration date. Banks don't even need that information to be able to find customers in the system."

The FTC backs up that advice.

Any attempts to obtain gov-

ernment card information should be reported, Ms. Davis said.

"If you receive a hoax e-mail or any other fraudulent requests, contact your agency program coordinator," she said.

If it is too late and fraudulent charges appear on a credit card statement, there are still things cardholders can do to protect themselves, she said.

While the cardholder is ultimately responsible for resolving the issue, the program coordinator can help work with the card company.

Once a card is lost or stolen, or any other type of fraud is detected, the customer should immediately call the credit card issuer, according to the FTC Web site.

Christmas credit crunch

Recovery from holiday spending spree could take a long time for some shoppers

By Mr. Charles Ringwood
Family Support Center

Shoppers are warned every Christmas to watch how much they spend.

But, like every Christmas, consumers are trying to figure out how to dig themselves out of the debt they were warned about.

Most were using some form of consumer credit during the holidays to purchase gifts. This often means the bills for Christmas don't start arriving until late January or early February.

For many, this will have create debt problems or increase an existing debt situation, often to the point of meltdown.

It is difficult to avoid overspending when making purchases by credit card simply because the effects are not immediate.

Herein lies the problem.

If consumers have no money in his or her wallet or purse, they cannot spend it.

But, they can buy goods on credit even if they don't have the means to pay the bills whenever the dreaded pieces of paper finally arrive.

Miscalculating the amount of debt a consumer can handle is a fairly easy thing to do, not only at Christmastime, but also throughout the year.

So what is the proper approach? Well it's really nothing more than common sense.

First, work out exactly how much you owe and to whom.

Next, look at your income. Are you missing out on any money you should be getting such as earned income credit (EIC)? Is the wrong number of tax exemptions listed?

Then do a budget plan – list what money you have coming in and subtract what money

goes out and be honest.

Unfortunately, sometimes money coming in is less than what needs to go out.

Maybe a consumer didn't realize the phone bill was due or they forgot to pay rent at the beginning of the month.

Often people will try the "rob Peter to pay Paul" approach or the "Ostrich" technique. These are merely delaying tactics.

The bills do not go away. They will eventually catch up with you, only now the debts will be much bigger.

Don't wait for the problem to get bigger before seeking help.

Counselors are available at the family support center to help individuals climb out of debt.

For an appointment, call 6-4358.

(Mr. Charles Ringwood is a financial counselor at the family support center.)



COP BEAT

82d Security Forces Squadron

Editor's note: The 82nd Security Forces Squadron will have a monthly article for Sheppard personnel and residents about important information and policies.

For assistance, please call: for an emergency, 911; all routine calls, 676-2981.

Gate Information

Due to force protection conditions, bollards have been installed at all our gates. Please drive carefully and ensure clearance when entering or exiting the installation.

ID's are checked at all Sheppard gates 24 hours a day, please have identification ready when approaching the gate sentry.

If you are planning a special

function and have non-military affiliated visitors entering the installation, you must coordinate with security forces. Call police services at 6-2106 for the requirements.

Motorcycle News

Before you drive your motorcycle on the installation you must have attended the motorcycle safety course.

Contact safety at 6-7305 for more information. Once certified, ensure you wear the appropriate protective clothing to include footwear and head protection. In addition a reflective vest is also a must.

Stray Pets

If your pet runs off, chances are it will be picked up by a security forces patrol. To

retrieve your pet quickly, call the security forces desk sergeant at 6-2981.

Theft of Property

Personal property theft is on the rise; don't let thieves walk away with your belongings.

Secure your personal property regardless of where you live or work.

Traffic Safety

Prevent an accident! When entering the installa-

tion from Burkburnett Road, yield to traffic entering from Missile Road and Capehart housing.

Wichita Falls police will monitor these two points to ensure compliance.

Vehicle Checks

If you recently purchased a used car, you can have a drug detector dog team clear it for illegal drugs.

For more information, call the military working dog section at 6-2014.

AF logo authorized on jacket

Airmen receiving the jackets will wear test them and give feedback to the uniform board about fraying or other problems with the embroidery, Sergeant Dean said.

Anyone not issued an embroidered jacket can have the logo applied on their jacket by a local embroidery shop using certain guidelines, Sergeant Dean said.

The Air Force logo is to be embroidered in a polyester white meridian thread with a stiff tear-off backing, according to information provided by Libby Glade, Air Force clothing office chief. The total stitch count of the logo and lettering will be between 4,200 and 5,000 stitches.



Photo by Master Sgt. Jim Varhegyi



Photo by 2nd Lt. Brooke Brander

Matt Riley, a Peer Assistance in Leadership member, from Hirschi High School works with (from left to right) Alex Wright, Matthew Ray and Alexander Gott in Mrs. Francis's kindergarten class.

Sheppard Elementary receives national academic recognition

By 2nd Lt. Brooke Brander
Base public communication

People on Sheppard possess a sense of excellence, no matter how big they are.

The students and staff of Sheppard Elementary proved that when the school received a Title I Distinguished School rating Dec. 22 from the National Association of State Title I.

"We're not looking for ways to look good on paper, it just happens because our teachers do such a great job," said Shannon Hill, principal at Sheppard Elementary.

The purpose of the program is to identify schools that are demonstrating success in ensuring all students, including all demographic group, make significant progress towards learning, Pat Roland, Title I statewide school support coordinator, said.

But according to one teacher, what it really boils down to is teachers having fun teaching and students wanting to learn.

"Kids learning, that's what excites me," said Nicki Hibbits, language arts teachers for grades 5 and 6. "I like the big 'ah-huh' moments with kids when they're working on something and they get it."

One secret to the schools success is the teachers in the classrooms working with the students everyday and encouraging them to excel and succeed, Ms. Hill said.

"We have a very strong faculty...strong teachers, very professional, very skillful and they love what they do," she said. "There is incredible stuff in the classrooms here, hands-on activities; interesting learning that these teachers plan."

Ms. Hibbits said the teamwork and cooperation found among the teachers is another factor in the schools success.

"We (the teachers) don't see our classrooms as isolated," she said. "We are always talking to each other on ways we can help the

students."

In addition to the cooperation, the minimal number of disciplinary issues teachers have to deal with from the students is another large component in the school's success, Ms. Hibbits said.

"All our kids are from military families and they're all well behaved, well mannered, eager to learn and we don't have huge disciplinary problems that take away from learning," she said.

Karen Badgwell, a reading specialist at the school, said another reason for the school's success could be found with the parent interest.

"We enjoy working with the military parents because we can see they're really interested in their children's education," she said.

Over the last three years, Sheppard Elementary has received an "exemplary" rating on the Texas Assessment of Knowledge and Skills, which requires 90 percent or more of the students in grades 3 through 6 master all the objectives of the TAKS, Ms. Hill said.

"Here at Sheppard Elementary, we've set the TAKS standard at 95 percent, above the state's 90 percent," the principal said. "And this year our goal is 100 percent. We want every one of those kids to master these objectives. We're not looking for a formula, black and white testing for everything...the teachers have the freedom to try something new and make it work."

Texas has over 4,000 Title I schools, accounting for more than one-third of all Texas schools, Ms. Hill said.

The Texas Education Agency identified five Title I campuses with achievements in 2003.

Sheppard Elementary was one of those five and was finally selected as one of two schools to receive the national recognition, Hill said.

Each year every state identifies two schools to be recognized at the National Title I Conference.

This year's conference will be held in New Orleans on Feb. 9.

AFMC improves deployment process

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) – Air Force Materiel Command officials fielded a tool in the summer designed to help people keep better track of their deployment information and they said it is already making a difference.

The Deployment Qualification System is a Web-based tool providing units with capabilities they have never had before, such as timely and accurate information integration across functional areas, e-mail notifications for expiring training and daily summaries for unit deployment managers.

The system gives individuals access to their current deployment-readiness status, including prerequisites like self-aid and buddy care, chemical-warfare training and weapons qualifications, said Maj. Jeff Stephan, DQS program manager. Unit deployment managers are happy to receive expiration reminders for their law of armed conflict training or self-aid buddy-care training, he said.

"The self-service approach automates administrative steps in our processes and has proven effective in industry," he said.

"I love it," said Staff Sgt. Ron Dunn, a UDM for the 78th Security Forces Squadron at Robins Air Force Base, Ga., while gearing up for a deployment. "This saves me so much time." He said he was thrilled that people could update their own records, and all he had to do was approve the changes.

DQS now has more than 10,000 registered users, including several unit deployment managers, training providers and installation deployment officers providing constructive feedback on how to increase the tool's usefulness, Major Stephan said.

"We've made a deliberate effort, listening to our users

since day one," he said. "We were able to incorporate their feedback during the summer and that approach is paying off. The system has tremendous built-in capabilities, and as we activate them, we're striking positive chords with UDMs and training providers."

Many users were pleased when medical-status flags appeared in DQS, Major Stephan said. Medics share an enterprise view and perspective, and it makes sense to reuse data, said Lt. Col. Steve Toney of the Air Force Medical Support Agency.

The flags do not convey medical information per se, but compliance with instructions, he said. Specifically, they convey whether a person is ready or not ready with regard to immunizations, dental, laboratory, equipment and health record-review status.

Before there was DQS, deployment managers and commanders had to rely on spreadsheets e-mailed or mailed to units to see where their people stood status-wise. Units now have direct access to the information as part of their integrated view of individual readiness status. This medical-data feed is expected to help keep UDMs and commanders involved in supporting their troops to complete their medical requirements.

Other improvements, based directly on user feedback, included reminders e-mailed to course enrollees before scheduled courses, a course roster e-mail sent to training providers when registration closes out, and new UDM and commander reports. The reports put total numbers in perspective by summarizing individual readiness by air and space expeditionary force windows and priority. (Courtesy of AFMC News Service)



Photo by Senior Airman James Dillard

Senior Master Sgt. Barry Luttrell salutes as Chief Master Sgt. Vance Clarke lowers the American flag at an undisclosed location. Sergeant Luttrell and Chief Clarke are assigned to the 386th Air Expeditionary Wing.

Nothing’s lost in the translation

Airman saves lives through translating

By Capt. Carrie Clear
447th Air Expeditionary Group
Public Affairs

BAGHDAD INTERNATIONAL AIRPORT, Iraq (AFPN) – Imagine how frightening it must be to lie in a hospital bed and not be able to understand the people taking care of you. Now imagine how frustrating it would be if you are the doctor or nurse trying to care for a patient who cannot tell you where they hurt. A call went out Saturday for anyone who spoke Bulgarian or Russian to help medical professionals at the 447th Expeditionary Medical Squadron here. They needed to gather information from three Bulgarian soldiers who were injured when a suicide bomber drove a fuel truck into their building. Airman 1st Class Eyal Filkovsky, of the 447th Air Expeditionary Group, answered the call. He learned Russian as a child. “My parents emigrated from Russia to Israel, where I



Photo by Staff Sgt. Levi Collins

Airman 1st Class Eyal Filkovsky translated for 447th Expeditionary Medical Squadron physicians Saturday, when three Bulgarian soldiers were injured after a suicide bomber drove a fuel truck into a building. Airman Filkovsky is assigned to the 447th Air Expeditionary Group here.

was born, then to the (United States) when I was 7. I grew up learning Russian and translate for my grandparents,” he said. Upon his arrival at EMDS, Airman Filkovsky was whisked into the tent to gather information the doctors need

ed to treat their patients. “I was pulled in several directions at once,” he said. “The doctors said to tell (the Bulgarians) they would be OK and to get their names, date of birth and find out if they had any medical allergies. Later they had me get their unit

information and ask them how they were injured. “You hear about things on the news but don’t realize how real it is until you see it first hand,” Airman Filkovsky said. “When you see the outcome, it makes you appreciate life more.”

Sheppard’s AAHC plans for future events

The African American Heritage Committee was organized to coordinate and direct activities throughout the year to help foster an understanding between all cultures here at Sheppard and the surrounding communities.

The committee accomplishes this through promoting good will by aiding local charities and non-profit organizations, which promote the same principles as the AAHC.

The AAHCs vision for this year is to increase base awareness of African American contributions from the past, present and future. We will host activities throughout the year, including Black History Month in February.

Other events planned are:

January:

Jan. 14 – Health Fair

February:

Feb. 7 – Teen Bowl
Feb. 10 – Lunch & Learn
Feb. 21 – Gospel Play

Feb. 27 – AAHC Banquet

April:
Fashion Show

May:
Food drive

June:
Juneteenth Celebration

Membership is open to all active duty military, DoD civilian, nonappropriated fund civilian employees, military family members, and retiree personnel regardless of race, color, religion, sex or national origin.

Membership is voluntary and we are always looking for new members to help us get our message out to the community.

If you would like to become a member of AAHC or would like to participate in the planning of any activities, contact Maj. Marina C. Ray at 676-6430 or via e-mail at marina.ray@sheppard.af.mil.



Programming runs 24 hours on TSTV Channel 14. Check out the detailed schedule at www.sheppard.af.mil/82trwpa

Today
8 a.m.- Air Force News
9:30 a.m. - The Air Force Story V - 1935-1937
3 p.m.- In Service for my Country - Stories from Team Sheppard

Saturday
1:30 p.m.- Silver Wings, Golden Valor - Air Force in Korea
2 p.m - Army News Watch
5 p.m.- Sheppard Today

Sunday
2:30 p.m.- Fireside Chat
3 p.m.- Air Force News
Special Edition: Pilot Training
5 p.m.- Air Force News

Monday

7 a.m.- Army News Watch
8 a.m.- Navy/Marine Corp News
9 a.m.- War Stories

Tuesday
11:30 a.m.- Silver Wings, Golden Valor - Air Force in Korea
1:30 p.m.- Air Force News
Special Edition: The Centennial of Flight
2:30 p.m.- The Lance P. Sijan Story

Wednesday
7 a.m.- Air Force News
9 a.m.- Navy/Marine Corps News
10 a.m.- In Service for my Country - Deployment Stories from Team Sheppard

Thursday
Noon - Army News Watch
12:45 p.m. The Air Force Story VII - The Air War Starts - 1939
1 p.m. Sheppard Today



1. **Name:** Bryan Litke

2. **Rank:** Tech. Sgt.

3. **Organization and position:** 383rd Training Squadron, non-commissioned officer in charge of the commander’s support staff

4. **Hometown:** Portland, Ore.

5. **Married or single (include your family if you’d like):** Married to Susan. Sons Blake, 15, and Brayden, 7. Daughter Kayla, 12.

6. **Hobbies/Favorite thing(s) to do in your free time:** Camping, boating and playing hockey.

7. **Funniest childhood memory:** The family had already left for a ski trip and my mother and I were driving up separately. We had everything packed and heading for the car. I gave my mother a head start and hit the garage door button. While I ran and made it out the door before it closed, my mother didn’t. It came down and hit her right in the mouth, knocking out three of her front teeth.



Tech. Sgt. Bryan Litke

What could we do but, laugh.

8. **Why did you join the Air Force?** My mother said it would be the best thing for me.

9. **Why do you stay in the Air Force?** What could be better than the United States Air Force?

10. **Date Arrived at Sheppard:** May 2, 1994.

11. **Most rewarding aspect of your job:** Helping customers find the solution to their questions.

12. **Favorite book or movie:**

“The Siege of Fire Base Gloria”

13. **What is your dream vacation?** It’s a toss up; soaking up the sun on the white sand beaches of Florida in the summer and hitting the slopes in the mountains of Colorado in the winter.

14. **If you could be anyone for one day, who would you be?** I would like to be myself, but taller.

15. **Most prized possession:** Winning a state weight lifting championship.



Does your office have a message to announce? Submit your office’s briefs to sheppardsenator@sheppard.af.mil.

Achievers

Staff Sgt. Douglas Armbrust won the AETC 2003 Security Forces Outstanding Individual Award for Ready Augmentee of the Year.

1st Lt. Kerry Maccini, 82nd Medical Group won the Brig Gen Peter C. Bellisario Young Healthcare Administrator of the Year.

Maj. Craig S. Stanaland, 882nd Training Group won the Medical Information Systems Officer of the Year.

Staff Sgt. Thomas J. Conwell, 882nd Training Group, Medical Information Systems Noncommissioned Officer of the Year.

The following civilians were promoted recently:

Rhonda Taylor, Randal SanMiguel, Pamela Piazza, Sheryl Jones, Antoinette Threatt, Stella Wilson, Mary Davis, Vickie Washington, Richard Browne, and D.J. Coss.

Soundoff

What is your New Year’s resolution?

“Enjoy myself at my new duty location, Eglin Air Force Base, Fla.” - Staff Sgt. Robert Rollins

“Quit cursing.” - Airman 1st Class Kelley George, 365th Training Squadron

“To excel in the fitness program.” - Capt. Jillian Van Ens, 82nd Aerospace Medical Squadron

“To work harder and pray for the troops in Iraq.” - Jose Garcia, retired captain

Do you have an interesting story? Tell us about it. Contact us at sheppardsenator@sheppard.af.mil.

Be smart. Stay safe. Don’t drink and drive.

Sheppard Senator

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander

Sheppard Senator editorial team

Maj. Manning Brown, Public communication director

2nd Lt. Ellen Harr, Public communication officer

Mike McKitto, Chief of internal information

Master Sgt. Jeff Szczechowski, Noncommissioned officer in charge

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Airman 1st Class Jacque Lickteig, Staff writer

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Commentary

Sergeant says there's no need to complain about 'another exercise'

By Staff Sgt. Nate Hier
3rd Wing Public Affairs

ELMENDORF AIR FORCE BASE, Alaska (AFPN) — Exercises can undoubtedly be a colossal pain in the south end of a north-bound horse. When the kids are sick and can't go to the child development center, Mom's on days and Dad's on nights, there are times when it's hard to keep a positive outlook on why we have to train like we do. Answering the phone to a recall at about 4 a.m. or so on a Wednesday, knowing immediately you won't get a day off for quite awhile, can make it easy to lose sight of the reason that call came.

That is until you take a few minutes to pick up a paper or watch the news.

Our comrades-in-arms in Iraq and Afghanistan aren't worried about working through weekends — they're worried about accomplishing the mission and coming home in one piece. They're not looking forward to a day off; they're worried about when and where the next mortar attack might come from. You could get all that just from watching the news. And that might make you think twice before complaining about playing your part in an operational readiness exercise at home.

I'm ashamed to say I have even more reason to understand why we exercise, and I have no right to complain. Like many people, I've got friends over there right now and others who just returned. To say the least, it's no trip to Prince Sultan Air

Base, Saudi Arabia.

I don't mean it wasn't a worthy accomplishment to have served in operations Northern Watch or Southern Watch. In this day and age of operations tempo, virtually any of us who have been in a couple of years have made at least one, if not multiple trips to Southwest Asia. Any time you spend away from family and friends to protect the freedoms we hold dear is an important and noble sacrifice; however, when I think about my last trip to the sand-box, it's about a million miles away from what our brothers are going through right now as we do our part in the exercise and then go home to sleep in our own beds.

The only bunker run I made in three months in Saudi lasted about 15 minutes — and it was just for an accountability exercise. In many places, they're making multiple, real-world bunker runs every week. There's a reason people are dying over there — it's no exercise, and it isn't going to end in eight days.

I have a friend who would shoot me occasional e-mails to let me know how things were going on his recent deployment. My messages to him consisted of World Series updates and weekly accounts of NFL football. His replies were of very different subject matter. They were about mortar attacks; sleeping in bunkers; living in a helmet and flak vest; and most sadly, of people getting hurt and others dying.

Amazingly, I still had the

audacity to get angry when my wife couldn't take off from work to stay home with our young son when his fever topped 103 degrees. What an atrocity. All it amounted to was me getting off the nightshift, high-fiving my wife and daughter as they left for work and school, then having the chance to spend some time with my boy while waiting on a sitter, so I could get some sleep before my next shift.

How many deployed soldiers, sailors, airmen and Marines would complain about coming off a shift and being able to spend time with their children? More accurately, how many of them wouldn't give everything they have for the chance I was actually selfish enough to complain about?

Exercises aren't fun — they're not supposed to be. It's not a "company line" when we tell reporters we train year-round like this so we're ready for deployments at a moment's notice. It's not a line at all. It's who we are, it's what we volunteered to do, and it's the reason our nation enjoys more freedoms than any other country in the world.

As I walked upstairs to catch a couple hours of sleep, I could only laugh at myself for having been so foolish. It was quite a morning for the Hier clan. My son's fever had broken, one sister gave birth to a healthy 5-pound, 11-ounce girl and another got out of jail, hopefully for the last time. And I'd been right here at home to take every call.



"Keep your eye on that one, it looks hungry."

Commander's Corner



Photo by Mike McKitto

Brigadier General Arthur Rooney Jr., 82nd Training Wing Commander, presents Ms. Shannon Hill, Sheppard elementary school principal, a wing coin after it was learned that

Sheppard elementary school will be only one of two Texas schools to be recognized at the National Title 1 Conference in New Orleans. See story, page 5.

Multi-level or pyramid marketing can be hazardous to your career

By Major Leslea Pickle
AETC Judge Advocate

Everywhere you look, there are opportunities to make money through multi-level (also called pyramid) marketing organizations.

While the structure itself is not illegal, there are certain restrictions that apply if you are a military member involved in an organization that recruits individuals into a pyramid sales structure.

Multi-level marketing is structured so a solicitor receives derivative profits from sales made by persons he has recruited into the pyramid sales structure. As recruited sales people recruit others, the derivative profits are further spread out, so the original solicitor receives financial benefits from the efforts of people he has never contacted.

Joint Ethics Regulation, 5500.7-R (also included in AFI 36-2909) provides that a DoD employee shall not knowingly solicit or make solicited sales to DoD personnel who are junior in rank, grade or position, or to the family members of such personnel, on or off duty.

DoD employees include DoD civilian employees, active duty military members and reserve and National Guard members on active duty orders or performing official duties.

A personal commercial solicitation is defined as "any effort to contact an individual to conduct or transact matters involving unofficial business, finance, or commerce." This includes the sale of insurance, stocks, mutual funds, real estate, cosmetics, household supplies, vitamins and other goods or services.

For all, you are active-duty military and are employed off-duty with a multi-level marketing company.

*You are a lieutenant. Your company is hosting an information night for prospective employees.

During the evening you introduce yourself to an individual and talk to him about becoming a member of the company. During this conversation you learn that he is a technical sergeant. Can you continue with the solicitation?

No. The JER prohibits knowingly soliciting junior in rank personnel, whether on or off duty.

Multi-level marketing is more common than most think, thoroughly review any investment before investing.

You can't reap the benefits if anyone in your pyramid sells to a junior-DoD employee.

The legal office has the necessary paperwork for military members' off-duty employment.

DoD personnel can't solicit junior personnels' family.

off duty. Soliciting includes any effort to contact the person or transact matters regarding your business.

*You properly recruited a civilian (who is completely detached from the military) and have advised that civilian of the restrictions under which military members operate.

If the civilian (knowingly or not) sells to a junior in grade military member, must you divest yourself of any benefit you derive?

Yes. You cannot use a proxy to circumvent the rules.

In a pyramid organization, you reap the benefit of the civilian's efforts, so you have the duty to inform the civilian about the ethics rules. Whether or not the civilian disclosed your involvement, you are the one held responsible for the end result.

*Does the rule apply if the civilian recruits a junior member in a different service branch? In a different chain of command? A reservist?

Yes The JER bars sales to all DoD personnel who are junior in rank, grade or position, or to the family members of such personnel. The rules apply equally to all services and personnel.

Military members are required to use official time in an honest effort to perform official duties, unless authorized to use official time for other purposes.

Telephones, fax machines, e-mail, internet systems and other communication equipment are for official use and authorized purposes only. Use of government time or resources for commercial activities or personal financial gain is prohibited.

If your spouse or other member of your household solicits someone who is junior in rank, grade or position to you, this may give rise to the appearance that you are using your public office for personal gain. In such a case, you should consult an ethics counselor.

The bottom line is that if you are a military member or DoD employee and choose to engage in off-duty employment with a multi-level marketing company, you must be extremely careful about whom you choose to solicit.

If you have specific questions about these rules and specific situations, contact

Action Lines

Youth center kudos

I would just like to thank Cindy and Xan from the youth center on base.

I was in need of a babysitter when I first arrived at Sheppard (my husband was TDY). I know from experience at my last base that the family support center provides a list of all youths who have been certified in Red Cross training to be a

good babysitter.

When I was told that no one could release a list I thought that was ridiculous.

All these youths are trained through the Youth Center to be babysitters, why can't their names be given to military families to utilize their services? Now more than ever, I know that single parents or parents with spouses being deployed

need a break once in a while.

With strong efforts from Cindy and Xan, they were able to provide a list to me.

Their need to change this policy from so many concerns voiced, was unstoppable. Their friendly attitude reassured me they were trying to make this happen.

I also would like to make the point that if you voice your

opinion to make a difference, you might just be heard and things might change. Thanks again to the youth center. You have really helped me in a huge way.

Answer: Thank you for recognizing the efforts of Ms. Xan Kahn and Ms. Cindy Hernandez to accommodate our parents here at Sheppard.

The goal of the youth center

is to provide quality programs and resources for parents such as this listing that identifies certified babysitters.

The list is now available and can be obtained from the following locations: youth center, child development center, and family child care program. The youth center offers the babysitter's class every 3 months and the list is updated monthly.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000.

Your submission may be printed in The Sheppard Senator.

Community

Lake Texoma arts, crafts

Lake Texoma will host a Valentine's arts and crafts day Jan. 17. For more information, call (903)523-4613.

SPAM Fest

The community center will host the 2004 SPAM Fest Jan. 17 from 10 a.m. to 2 p.m. There will be a SPAMrecipe contest, a visit from the SPAMMOBILE, a Ms. SPAM contest, a SPAM toss, a SPAM Iron Chef contest, SPAM carving, a SPAM race and a jupiter jump for the children. For more information, call 6-3866.

Parents' night out

The Madrigal Youth Center will host a parents' night out Jan. 17 from 6 to 11 p.m. The center will watch children ages 5 to 11. The cost is \$10 for members and \$12 for non-members and is due Wednesday. For more information, call 6-5395.

Club activities

Sunday Brunch

The officers club will host a brunch Sunday from 10:30 a.m. to 1 p.m. The cost is \$10.95 for members and \$12.95 for non-members. For more information, call 6-6460.

Family night

The enlisted club will host a family night Thursday from 5:30 to 11:30 p.m. The cost is \$5.95 for members and \$7.95 for non-members. For more information, call 6-2083.

Latin night

The enlisted club will host a Latin night Jan. 17 from 9 p.m. to 2 a.m. For more information, call 6-2083.

ITT trips

For more information about ITT, contact them at 6-2302.

Wednesday – Broadcaster Tom Grieve, pitcher Jeff Zimmerman, outfielder Kevin Mench and coach Rudy Jaramillo from the Texas Rangers caravan will have an autograph signing session from 4 to 4:45 p.m. at ITT.

Jan. 17 – JFK Museum, West End Marketplace and Medieval Times Dinner Show. The cost is \$72 per person. Register by Tuesday.

Student stuff

Fitness incentive

Every Saturday, the fitness center offers a variety of exercise programs for students as part of the Fitness Incentive Training for Students program.

Saturday - Volleyball contest at the south fitness center at 10 a.m.

Student ministry

Solid Rock Cafe

Monday through Thursday, 7:30 a.m. to 9:30 p.m.

Friday, 7:30 a.m. to 11:30 p.m.

Saturday, 1 to 11:30 p.m.

Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.

Chapel Ropes Meeting, Tuesday, 11:15 to noon and 4 to 5 p.m.

Parents and Tots, Monday, 1:30 to 2:30 p.m. and Wednesday, 10 to 11 a.m.

Praise Band Rehearsal, Saturday, 10 a.m. to noon (Andria Hayman)

Solid Rock Saturday Meal, 6:15 p.m.



Dr. Seuss' The Cat in the Hat
Saturday and Sunday at 2 p.m.

Mike Myers, Kelly Preston- Sally and brother Conrad are left home on a rainy day and are rowdily entertained by a mysterious man-size cat.



Master and Commander
Today, 9 p.m., Saturday, 7 p.m. and Sunday, 4:30 p.m.

Russell Crowe, Paul Bettany- During the Napoleonic Wars, Lucky Jack Aubrey captains the crew of the H.M.S. Surprise.

The Missing
Today, 6:30 p.m. and Saturday, 4:30

Tommy Lee Jones, Cate Blanchett- In the late 19th-century wilderness of the southwestern United States, a woman named Maggie struggles to raise her two daughters on her own.

– Chapel schedule –
Parish Ministries

Protestant Men of the Chapel

Saturday, 6:30 a.m., south chapel
PMOC breakfast/fellowship is the second Saturday of the month at Golden Corral at 8 a.m.

Protestant Services Sunday

Sunday School, 9:00 a.m., Bldg 962
Community Worship, 10:30 a.m., North Chapel

Inspirational Gospel Worship, 10:30 a.m., South Chapel

Holy Communion Worship, 10:30 a.m., Hospital Chapel
Weekday Bible Studies Tue, 6:00 p.m. & Thu, Noon, South Chapel

Protestant Religious Education

Sunday school classes, Bldg. 962, 9 a.m.
Tuesday night Bible study, 6 p.m., south chapel
Thursday noon Bible study, noon (lunch provided), south chapel

Protestant Women of the Chapel Thursday night Bible study, 6 p.m.

Protestant Men of the Chapel Tuesday morning Bible study, 6 a.m.

Catholic Services

Saturday, confession, 4 to 4:30 p.m., north chapel
Saturday, Mass, 5 p.m., north chapel
Sunday, Mass, 9 a.m. and noon, north chapel

Calothic religious education, pre-K through adult, 10:30 to 11:40 a.m., Bldg. 962

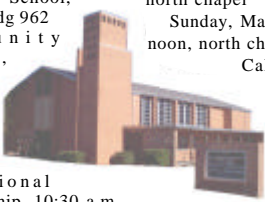
RCIA, 6 to 8 p.m., Bldg. 962

Daily services: Monday and Wednesday, 11:30 a.m., south chapel

Tuesday, 5:15 p.m., Solid Rock Cafe

Thursday, 11:30 a.m., SRC

For more information, call the base chapel at 6-4370



Contact the health and wellness center at 6-4292 for information about the smoking cessation classes.

Submit information about upcoming events to sheppard-senator@sheppard.af.mil.

To place and ad in The Sheppard Senator, call 761-5151.



Sheppard Sports



382 TRS outlasts late scoring surge by 362 TRS 45 - 32

Tough defense gives 382 TRS its first win

By Senior Airman Chris Powell
Senator sports editor

Tough defense and good low-post scoring was enough for the 382nd Training Squadron basketball team to hold off a fourth-quarter surge by the 362nd Training Squadron 45 - 32 in a student action Tuesday.

From the opening minutes of the game, the 382nd defense dictated the game with several steals and good defense by Shekio

Ogunlana and high-percentage shooting from Robert Moore, who led his team in points with 14.

“This was our first win of the season, so it really means a lot to us,” Moore said. “We’ve been losing a lot lately, but good passing and boxing out and getting rebounds really helped us to win.

The 382nd jumped out to an early lead, but the 362nd was able to tie it up at 6 - 6 with 16:38 in the first half.

The 382nd built a lead 17 - 9 with Moore’s layup at 5:45.

After that, they began to break the game open with more hot shooting and tough defense. The 382nd went on a 13 - 0 scoring run at the 13-minute mark, and

the 362nd was held scoreless for the rest of the half.

But the 362nd came out red hot in the second half and switching to a zone defense.

Two 362nd free throws cut the deficit to 28 - 22 with 10:30 in the second half.

But six points was the closest the 362nd TRS came to tying the game, the 382nd increased its lead after a layup to put them up 40 - 30 with 3:30.

“We need to continue to use teamwork because that is what will help us win,” Ogunlana said. “We also have to keep rebounding.”

With the win, it brings the 382nd TRS to 1 - 3 on the season.



Photo by Senior Airman Chris Powell
Robert Moore shoots a layup Tuesday during the 382nd and 362nd Training Squadrons student basketball game.

Sports Briefing

Sheppard bowlers participate in tournament

LACKLAND AIR FORCE BASE, Texas (AETCNS) — They took charge, then took command.

Tyndall Air Force Base, Fla., built an insurmountable 324-pin lead over defending champion Randolph AFB, Texas, after one day of the Air Education and Training Command Bowling Championship Dec. 7-12, on its way to capturing the Commander’s Trophy, symbolic of AETC sports supremacy.

The Sunshine State keglers were never seriously threatened by the 11 other AETC teams during the competition.

“We adjusted to their lane conditions pretty quick,” Tyndall captain Mike Smith said when asked what keyed his team’s fast start. “We practice a lot at Tyndall on lane conditions similar to the pros, which prepares us for anything.”

Smith, Gary Hite, Ed Bates, Kelly Baumgardner, Kim Thompson and Rebecca Carey combined for a two-series total pin count of 7,648 for team event laurels.

Their 22,424 grand total, included doubles and singles events.

Hite and Carey, last year’s AETC women’s singles champ, are the only returnees from the 2002 Tyndall team runner-up squad.

Lackland ended the three-day competition in second place posting a 21,990 grand total. Randolph was third overall with a 21,734, while Keesler AFB, Miss., which hosted last year’s AETC championships, finished fourth at 21,576.

Men’s doubles winners were Steve DeSordi and Gary Chambless of Maxwell AFB, Ala., with a combined 2,805 pin-fall. DeSordi went on to claim the men’s all-events title with a 4,085 pin count for an 18-game tournament high average 227.

The Little Rock AFB, Ark., tandem of Susan Rogers and Christie Robinson won women’s doubles posting a 2,295 total. Rogers’ 18-game tourney 208 average earned her the women’s all-events crown by nine pins over Bobbie Boutwell of Luke AFB, Ariz.

Boutwell bounced back in women’s singles play in the most tightly contested competition of the tournament. She nipped Rogers 1,260 to 1,259 in total pins for a tissue-paper thin average 210 to 209.83 victory spanning six games.



Courtesy photo
Navy’s Andy Michalowicz (19) carries the American flag as he leads his team out toward the midshipmen in the stands before the start of the Houston Bowl against Texas Tech Dec. 30, 2003 in Houston. Navy was defeated 38 -14 by Texas Tech in its first trip to a bowl game in seven years.

Navy falls 38 - 14 to Texas Tech

Courtesy of Navy News Service

B.J. Symons threw for 497 yards and tossed four touchdown passes to lead Texas Tech to a 38-14 win over Navy in the Houston Bowl at Reliant Stadium.

Symons, who was the game’s MVP, completed 41-of-53 passes and also threw an interception for the Red Raiders (8-5), who snapped a two-game losing streak. Nehemiah Glover caught nine passes for 116 yards with a touchdown, while Wes Welker hauled in seven passes for 107 yards in the win. “I think I’ve got a lot of football left in me,” Symons said, referring to the upcoming NFL Draft.

Craig Candeto rushed for 90 yards and two scores on 23 carries for the Midshipmen (8-5), who lost for the first time in their last three contests. Candeto completed just two passes on nine attempts and threw for 33 yards. “We should be proud of where we are right now,” Candeto said. “Obviously we’re disappointed with the loss and all the guys have their heads down, but when we reflect on the season we have a lot to be proud of.”

Texas Tech took the opening kickoff and marched 78 yards in 17 plays, but Keith Toogood missed a 22-yard field goal. Navy countered with a 15-play, 92-yard drive that took up over eight minutes and bridged the first and second quarters.

However, on 4th-and-goal from the one-yard line, Candeto fumbled and the Red Raiders took over. After a Symons interception on Texas Tech’s ensuing series, Navy then turned the ball over on downs and the Red Raiders took over at their opponents’ 39- yard line. Five plays later, Symons hit Mickey Peters in the back of the end zone for a four-yard score to make it 7-0 with 10:48 left in the first half. On the drive, Symons was 3-of-3 for 49 yards.

“He’s got a rocket for an arm,” said Navy head coach Paul Johnson. “He’s definitely a competitor and a tough kid. I don’t have enough good things to say about him. He did a great job.”

The Midshipmen proceeded to move down the field on their next possession, but Eric Rolfs

See Navy on page 3B

AF Falcons crushes UWM Panthers, 71-49

Joel Gerlach paces the Falcons with a season-high 20 points

Courtesy of the Air Force Academy

AIR FORCE ACADEMY, Colo. - Joel Gerlach scored a season-high 20 points and A.J. Kuhle added 13 and a career-best seven assists as Air Force built a 17-point halftime lead en route to a 71-49 victory over the University of Wisconsin-Milwaukee Friday night at Clune Arena.

Air Force (7-2), coming off a win over Cal in the championship game of the Golden Bear Classic, won its fifth consecutive game and second straight over a team that played in the 2003 NCAA Tournament. The nation’s leading defense held UWM (6-5) to just 17 first-half points, the eighth time this season an opponent has scored 20 points or less in the first half.

The Falcons controlled the first 20 minutes of play with a stingy defense and patient offense, shooting 60 percent from the field while forcing 14 Panther

turnovers. Air Force wasted little time in jumping out in front, cruising to a 12-2 advantage with Gerlach scoring six of AFA’s points.

UWM pulled within 12-5 on a three-pointer by Dylan Page, but Air Force scored 11 of the next 13 points to build a 23-7 lead with 6:17 remaining and eventually led 27-9. Page led UWM with 17 points and eight rebounds.

The Panthers tried to fight back, scoring the next four points to pull within 27-13, but a three-pointer by Antoine Hood with eight seconds remaining in the first half gave the Falcons a 34-17 lead at the break.

Hood, who finished with 11 points, scored five of the Falcons’ first 12 points of the second half and his second 3-pointer of the game gave Air Force a 46-24 lead with 14:24 remaining. UWM cut the lead to 15 three times in the second half but could get no closer as Air Force made 12-of-16 free throws in the stanza.

Nick Welch added nine points and Jacob Burttschi had eight points for Air Force, which forced 25 UWM turnovers and allowed just four assists by the Panthers.

All-Marine wrestlers teach student grapplers about technique, opportunities

By Marine Sgt. David Salazar

LANTANA, Fla. – The arena was filled with young fighters, each grappling his way through the seemingly endless gauntlet of battles they needed to endure to be among the victors on their improvised war zone.

Though the warriors possessed honor, discipline and strength -- they were not Marines - they were high school wrestlers.

And the gymnasium at Santaluces High School in Lantana, Fla., was the makeshift battlefield where student grapplers from all over South Florida came to compete in the school’s annual Christmas Classic Invitational Wrestling Tournament Dec. 12 and 13.

The tournament was the perfect setting for Marines from RSS West Palm Beach to seek qualified applicants looking to take on another challenge: Marine Corps Recruit Training.

To help further their success, the Recruiting Station Fort Lauderdale gunslingers brought with them a small contingent of the Corps’ own brand of wrestling-mat warriors - four Marines from the All-Marine Wrestling Team.

“I thought it’d be a great idea to bring the team down to give a live demo and clinic since we have wrestlers from 25 different schools here today,” explained Staff Sgt. Mauricio Garcia, the staff-noncommissioned officer-in-charge of Recruiting Substation West Palm Beach. “Because of that number of kids out here, it’s giving both the Marine Corps and its sports program lots of great exposure.”

The team detachment, which consisted of coach Maj. Jay Antonelli, Staff Sgt. Marcel Cooper and Sergeants Jess Hargrave and Deon Hicks, put on a live demonstration of their abilities and respective distinct styles of wrestling during tournament half time.

West Palm Beach recruiters, See WRESTLING on page 2B

Basketball

For more information, call 6-2972.
Martin Luther King basketball tournament

There will be a Martin Luther King basketball tournament Jan. 18 and 19 at the north and south fitness centers.

Over-30 League

| Team | Won | Lost | GB |
|-----------|-----|------|-----|
| 366 TRS | 3 | 0 | -- |
| 360 TRS | 2 | 1 | 1.0 |
| 365 TRS | 1 | 1 | 1.5 |
| 383 TRS | 1 | 1 | 1.5 |
| 82 SFS | 2 | 2 | 1.5 |
| 82 MDOS | 1 | 2 | 2.0 |
| 82 MSS/SV | 0 | 3 | 3.0 |

Permanent Party Division 1

| Team | Won | Lost | GB |
|--------------|-----|------|-----|
| 82 MDOS/MDSS | 3 | 0 | -- |
| 365 TRS | 3 | 0 | -- |
| 382 TRS | 2 | 2 | 1.5 |
| 366 TRS | 1 | 1 | 1.5 |
| 361 TRS | 1 | 2 | 2.0 |
| 80 OSS | 0 | 2 | 2.5 |
| 362 TRS | 0 | 3 | 3.0 |

Permanent Party Division 1

| Team | Won | Lost | GB |
|---------|-----|------|-----|
| 82 CES | 2 | 0 | -- |
| 187 MBN | 2 | 1 | 0.5 |
| 82 SFS | 2 | 1 | 0.5 |

| Team | Won | Lost | GB |
|------------|-----|------|-----|
| 82 MSS/SVS | 3 | 2 | 0.5 |
| 82 CPTS | 1 | 3 | 2.0 |
| 82 CS | 0 | 3 | 2.5 |

Student League

| Team | Won | Lost | GB |
|-----------|-----|------|-----|
| 882 TRS-A | 3 | 0 | -- |
| 360 TRS | 2 | 0 | 0.5 |
| 366 TRS | 2 | 1 | 1.0 |
| 361 TRS | 2 | 1 | 1.0 |
| 364 TRS | 2 | 2 | 1.5 |
| 365 TRS | 1 | 1 | 1.5 |
| 363 TRS | 1 | 2 | 2.0 |
| 882 TRS-B | 1 | 3 | 2.5 |
| 362 TRS | 0 | 4 | 3.5 |

Bowling

For more information, call 6-2170.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling League

| Team | Won | Lost |
|-------------|-----|------|
| 365 TRS "C" | 80 | 32 |

| Team | Won | Lost |
|----------------------|-----|------|
| 82 COMM "A" | 80 | 32 |
| 882 TRG | 71 | 41 |
| 362 TRS "B" | 68 | 44 |
| 360 TRS | 66 | 46 |
| 82 CES | 65 | 47 |
| 366 TRS "A" | 65 | 47 |
| 363 TRS "Ammo" | 64 | 48 |
| 365 TRS "B" | 62 | 50 |
| 365 TRS "D" | 62 | 50 |
| Bowling Pro Shop | 62 | 50 |
| 187 Med Bn | 60 | 52 |
| 383 TRS | 58 | 54 |
| 364 TRS "A" | 55 | 57 |
| 82 MSS/SVS | 55 | 57 |
| 381 Med Red | 55 | 57 |
| 382 TRS "A" | 54 | 58 |
| 82 Services Squadron | 52 | 60 |
| 363 TRS Armament | 52 | 60 |
| 82 CPTS | 51 | 61 |
| 382 "BMET" | 51 | 61 |
| 362 TRS "A" | 50 | 62 |
| 80 FTW "A" | 46 | 58 |
| 361 TRS | 46 | 66 |
| 364 TRS "B" | 41 | 71 |
| 82 CS | 34 | 70 |
| 80 OSS | 31 | 81 |
| SFS | 24 | 88 |

Fitness center

For more information, call 6-2972.

Aerobiccenter offers classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

Abdominal class
Monday, Wednesday and Friday at 11 a.m.
Monday through Friday at 8 p.m.

Aerobics
Monday at 7:15 a.m.

Step aerobics
Tuesday and Thursday at 5:30 a.m.

Body pump
Tuesday and Thursday at 9:15 a.m.
Thursday and Saturday at 11:30 a.m.

Yoga and pilates
Monday and Wednesday at 10:15 a.m.
Wednesday at 5 p.m.
Thursday at 6 p.m.
Saturday at 3 p.m.

Basic step
Monday, Wednesday and Friday at 7 p.m.
Sunday at 2 p.m.

Kickboxing
Tuesday and Thursday at 7 p.m.
Sunday at 3 p.m.

Intermediate step
Saturday at 10:15 a.m.
Wednesday at 6 p.m.

Advance step
Monday, Tuesday at 5 p.m.

Combo step
Monday, Wednesday and Friday at 11:30 a.m.

Youth center

For more information, call 6-2342.

Operation Night Hoops

Operation Night Hoops registration are from Feb. 16 to March 16 at the Madrigal Youth Center for ages 13 to 18.

Registration requirements are a current physical, proof of age, a completed Air Force Form 1181 and a fee of \$15 for members, \$20 for non-members and \$25 for civilians.

Each participant must attend an educational class to play.

Operation Night Hoops

There are several volunteer positions that are needing to be filled for Operation Night Hoops.

The positions are: social planning committee, photographer, sports writer, score keeper, teen sports director, apprentice coach and an announcer.


Body development class

There is a body development class beginning Jan. 21 at the Madrigal Youth Center for youth ages 13 to 18.

People can register now, and the cost is \$20 for members and \$25 for non-members.

The class will include running and weight lifting at the north fitness center, sports-specific training, anti-drug education, different nutrition classes and will have guest speakers.

TEXAS RANGER




Winter Caravan


Coming to Sheppard AFB BX

14 Jan 4 to 4:45 pm


for Autograph Session with




BROADCASTER
Tom Grieve




PITCHER
Jeff Zimmerman




OUTFIELDER
Kevin Mench




COACH
Rudy Jaramillo



Sponsored by:





Call Information, Tickets & Travel office, Bldg. 430

at 676-2302 for more information

No Federal Endorsement of Sponsors Intended




Photo by Marine Sgt. David Salazar

Maj. Jay Antonelli, All-Marine Wrestling Team coach, demonstrates a wrestling maneuver on Sgt. Jess Hargrave during a clinic hosted by RSS West Palm Beach as part of the Santaluces High School Christmas Classic Invitational Wrestling Tournament Dec. 12 and 13.

WRESTLING

Continued from Page 1B

armed with incentive items, employed the use of a dog tag station and the Marine Corps Pull-up Challenge. The tournament culminated with an awards presentation featuring Staff Sgt. Jason Batson, the school's recruiter.

Together, the wrestler/recruiter team amassed a respectable amount of leads that were age qualified -- and due to the nature of the sport and the moral fiber typical of wrestlers - were physically and mentally qualified as well.

"I think wrestlers naturally have many characteristics that would also make them great Marines," Antonelli said. "They have to be physically fit, they have to have discipline and they have to have honor and courage. The same caliber of person makes up both groups."

Due to those similarities between leathernecks and grapplers, it's also fitting that the Marine Corps Sports Program complements the Corps' recruiting efforts, Antonelli said.

"Because the kids are interested in wrestling, they find us more approachable and sooner or later questions about wrestling turn into questions about the Marine Corps," Antonelli said. "And it's at that point that we realize what an impact the sports program has on recruiting."

Hicks, a four-year member of the wrestling team, supported Antonelli's theory.

"Our purpose here is to inform these students that there is more to the Marine Corps than just the typical military stuff," explained Hicks, a native of Greensboro, N.C. "I'm also helping to offer the same opportunity offered to me when I was younger."

According to Hicks, the Marine Corps Sports Program had tremendous impact on his decision to join the Corps long before he was even eligible.

"This has been my life since the eighth grade -- the minute I found out the Corps had a wrestling team, I did everything to prepare myself for joining. If I could influence someone else the way I was influenced back then, this trip was worth it," Hicks said.

Don't drink and drive. For a ride home, call Airmen Against Drunk Driving at 6-AADD. Your life, someone else's life and your career aren't worth it.

Bemidji State outhussles Falcons, 5 - 1

Courtesy of the Air Force Academy

Bemidji State scored two goals in the first period and two in the second for a 5-1 win over Air Force in a College Hockey America game at the Hodgins-Berardo Arena in Coleraine, Minn.

Coleraine is the hometown of the two head coaches, AFA's Frank Serratore and his younger brother Tom from Bemidji State.



Courtesy photo
Freshman Brandon Merkosky skates for the puck during the Air Force and Bemidji State College Hockey America game.

Bemidji State improved to 10-6-2 overall and 7-1 in the CHA. Air Force fell to 7-11-2 overall and 1-6-1. The two brothers have now faced each other nine times and Tom has an 8-0-1 advantage over his older brother.

A strong first period led the Beavers to a 2-0 lead in the first period. BSU forward Jean-Guy Gervais scored 54 seconds into the game on passes from Ryan Miller and Andrew Martens.

The Beavers took a two-goal lead at the 6:16 mark as Myles Kuharski scored a power play goal from Bryce Methven and Peter Jonsson. Methven made a pass through the neutral zone to a wide-open Kuharski who skated in uncontested on Mike Polidor.

The Beavers scored two more goals in the second period and built a 4-0 lead. Lou Garritan scored at 7:26 from Brendan Cook. After a penalty on Shane Saum, the Beavers scored on the power play as Peter Jonssen scored at 15:53. Ryan Huddy and Riley worked a give-and-go play and Jonssen cleaned up the rebound.

The Falcons got on the board in the third period with some intense, solid play. Freshman Brandon Merkosky made the score 4-1 with his fourth goal of the season. He cleaned up a flurry that was assisted by Theo Zacour and Andrew Ramsey. BSU added a goal with 18 seconds remaining as Jared

Hanowski scored from the slot. BSU outshot AFA in two of the three periods and 24-20 in the game. The Beavers were 2-for-4 on the power play while AFA was 0-for-6. BSU goalie Grady Hunt made 19 saves to lead the Beavers to their sixth win the last seven games. Air Force senior Mike Polidor started and made 13 saves in 30 minutes. Freshman Peter Foster played the final 30 minutes and made six saves.

"They are very good, fast and deep team," Frank Serratore said. "We've had some injuries on our defense and that hurt us tonight. Three of their goals were direct results of turnovers.

"They are an opportunistic team and they capitalized on our mistakes. I told the team between the second and third periods, that this was a defining moment for us. We needed to play harder and win a period".

Serratore said he thought his team played very good in the third period and took the play to them.

"I hated to see them score that goal at the end because we played so well in the period," he said. "Their goaltender, Grady Hunt, is very, very good. He stopped some pucks that I know he didn't even see. I don't think we will see a better team the rest of the season."

Air Force returns home to host CHA rival Wayne State, Saturday, at the Cadet Ice Arena.



Courtesy photo
Navy quarterback Craig Candeto sits on the bench during the fourth quarter against Texas Tech in the Houston Bowl Tuesday, Dec. 30, 2003 in Houston. Texas Tech beat Navy 38-14.

NAVY

Continued from Page 1B

missed a 36-yard field goal try. Texas Tech made the Midshipmen pay for the missed field goal as it marched 80 yards and Symons capped the long drive with a 17-yard touchdown pass to Glover with only four seconds left in the half. On the 10-play drive, Glover caught three passes for 49 yards, including the screen pass over the middle that he took into the end zone for a 14-0 lead.

Navy began the second half with the football and drove 78 yards before Candeto culminated the scoring march with a two-yard quarterback sneak on 4th-

and- goal. The Midshipmen trailed 14-7 with 9:57 left in the third. The Red Raiders immediately countered with a scoring drive to regain their two-touchdown advantage. Taurean Henderson's four-yard touchdown scamper widened the gap to 21-7 with 5:52 left in the third quarter.

Navy was then forced to punt on its next series, which was the first punt by either team in the game, and the Red Raiders began their next drive near mid-field. Texas Tech drove to the four-yard line before it settled for Toogood's 21-

yard kick to increase its lead to 24-7 with 17 seconds remaining in the third period.

The Midshipmen closed within 24-14 on Candeto's one-yard score with 11:06 left in the game. The key play on the 12-play series was a 39-yard completion to Amir Jenkins on 4th-and-8 that put Navy deep in Red Raiders' territory. Symons then orchestrated a seven-play, 90-yard drive, capped by Jarrett Hicks' 13-yard touchdown reception, to make it 31-14 with 8:49 remaining in the game. Peters' four-yard touchdown catch with 3:11 left capped the scoring.

Black Knights outshoot Falcons, 70-62

Courtesy of the Air Force Academy

Despite three players scoring in double figures and outshooting the Black Knights from the field, the Air Force women's basketball team couldn't overcome missed opportunities at the free throw line in a 70-62 loss to service academy rival Army. The Falcons shot just 44.4 percent and were outscored 29-8 from the charity stripe in the disappointing loss.

The Falcons got off to a shaky start and after just a few minutes of play trailed the Black Knights by 10 points. The team regrouped and showed its grit by going on a 7-0 run to cut into the deficit. A three-pointer by Shawna Neff with 4:34 remaining in the half



Courtesy photo
Shawna Neff notched the first double-double of her career.

gave the Falcons their first lead of the game. After exchanging leads several times, Army held a small advantage at the break 36 - 35.

The teams played evenly throughout most of the second half. Overall, there were six ties and six lead changes in the game. But with just 2:30 remaining on the clock and clinging to a two-point advantage, Army's Jen Hansen nailed a three-pointer that seemed to deflate the Falcons hopes of victory. It would prove to be their final field goal of the game, as their remaining points came from free throws.

The Falcons had five more field goals than the Knights and three more treys, but the game was decided at the charity stripe. The team missed 10 free throws, including several at critical moments. The Knights went to the line 39 times, twice that of the Falcons, and made 29 of those attempts (74.4 percent).

Neff notched the first double-double of her career and the team's first this season by scoring 14 points and tallying 10 rebounds. Letricia Castillo added a team-high 17 points and Amoy Jackson chipped in 10. The Falcons were 24-of-61 (39.3 percent) from the field.

Army's leading scorer Katie Macfarlane had 20 points to pace the Knights. Shavonne Holden had 10 points and 11 rebounds for the double-double.

Air Force falls to 3-8 overall. *Additional notes:* The Falcons have played Army and Navy in the same season just one other time in school history. In 2001-02, head coach Ardie McInelly's first season, the Falcons swept the two service academies. The all-time Army/Air Force series record is 5-4 in favor of the Falcons.

The deadline for submissions into the Sheppard Senator is noon on the Friday before the requested publication date.

Want to quit smoking? Check out the smoking cessation classes at the health and wellness center. For dates and times, call 6-4292.

Fit to fight

Downsizing those biggy-size meals cuts calories

By Amn David Johnson
Sheppard physical trainer

I love to eat out. Last weekend, I was put in a situation that required me to make a decision based on what the menu offered and what I should eat.

Being in the military, we all have weight goals to maintain and eating out in restaurants can sometimes sabotage those goals. To control calorie intake, you need to know how much you eat.

But if you're like me, proper serving size at any given restaurant is a mystery, thanks to mega-burgers, biggie fries and super sized bagels.

I've come up with the following suggestions that can help you downsize restaurant meals and maintain your weight and health when dining out.

Plan for huge portions.

To compensate, share an entrée with a dining companion or order a half portion or an appetizer for a main course.

Avoid foods that say "fat."

Any dishes containing the following descriptive words in their names are high in calories and fat: Alfredo, baked, batter-dipped, breaded, creamy, crispy, deep-fried, pan-fried, scalloped, au gratin or in cream or butter sauce.

Size does matter.

The following words indicate meals are even larger than the standard ones: combo, feast, grande, jumbo, king- or queen-size and supreme. Words such as kiddie, luncheon, petite, small plate, regular and salad size indicate more reasonable portions.



File photo

Avoiding large meals at fast-food restaraunts will help you lose weight.

Order the smallest burger on the menu.

Super-sized burgers with all the toppings (cheese, bacon, mayonnaise and special sauces) often contain half the calories and fat you should eat in a day.

Regular kiddie burgers topped with ketchup, mustard, lettuce tomatoes and pickles (all of which are fat free) are closer to the recommended meat portion size of 3 oz. and are much lower in calories and fat.

Order 6-inch subs and go easy on the extras.

Subs can be healthy, low-fat sandwiches if made with turkey or ham, served on whole-grain buns, and dressed with low fat mayonnaise, vinegar and loads of fresh vegetables. Avoid 12-inch subs, meatballs, steak, classic cold cuts such as salami and bologna, bacon, cheese and olive oil.

Back off on the wrap.

Wraps are large flour tortillas stuffed with salad ingredients like chicken, fish, beans and vegetables. They sound healthy, but often they are loaded with high-fat sauces.

Use the hand.

Measure healthful portions with your hand. A serving of meat, chicken or fish should be the size of your palm; serving of potatoes or rice, the size of your fist; pasta, two fistfuls; pasta sauce, one fistful; a roll, the size of your fist; and two slices of bread, as thick as your palm.

Avoid all-you-can-eat buffets.

Like me, you'll likely overeat your money's worth.

Take it away. If your companions don't mind, ask the server to remove temptations, such as bread, butter, chips, and dip.

For more information, call 6-2972.



Courtesy photo

Staying well-hydrated is easy with the range of drinks available.

Hydration is key to gaining physical fitness

Courtesy of Air Force Services

Some people may not think too much about hydration and its role in physical fitness, but drinking enough fluids is important to keep up good energy levels, to prevent kidney stones, gout and to help flush impurities out of the blood stream.

Staying hydrated is particularly important for physically active people because when they exercise they lose more fluid through sweat and increased breathing.

Let's take a look at the fluid losses during exercise and ways in which people can replenish. Physical exercise increases fluid loss.

When people exercise, their heart rate increases, as does their breathing to accommodate for increased oxygen needs. Their core temperature goes up and this requires cooling - people start to sweat. Let's take a brief look at the amounts of fluids lost during some types of exercise.

Staying well hydrated

If you are playing any of the sports in the above table you could estimate the amount of fluid you need to drink during training to avoid dehydration.

Just multiply the amount of fluid lost in an hour by the total time of exercise for example, if you played soccer for two hours and you are a male then you would lose approximately 925ml x 2 = 1,850ml of water during the game.

To stay well-hydrated you would need to drink 1,850ml of water during the two hours of soccer and that means drinking about a glass of fluid every 15 minutes.

This may be difficult for some people so drinking before and soon after training may be the way to go to avoid bloating.

For those of you who exercise heavily and enjoy a variety of sports, the best way to assess your fluid needs is to monitor your fluid losses during each of the main training sessions.

You would only need to do this once providing that you stay with the same exercise routine.

Step 1: Measure body weight prior to exercise. Locate or invest in an accurate set of scales. Measure your bodyweight in minimum clothing just before exercise. Record

| Typical fluid loss for different exercises | | |
|--|---------------------|-------------------|
| Exercise | Temperature degrees | Sweat loss oz./hr |
| Soccer male | 68-82 | 30 oz. |
| Volleyball female | 68-82 | 24 oz. |
| Rowing male | 90 | 66 oz. |
| Rowing female | 90 | 46 oz. |
| Runners long distance | not specified | 28 oz. |

your weight in kilograms.

Step 2: Measuring your weight after exercise. Towel off following exercise and record your weight again wearing exactly what you wore at Step 1.

Step 3: Subtract your weight at Step 2 from your weight at Step 1.

The difference in your body weight at Step 3 represents the amount of fluid that you have lost during exercise and that is the amount of fluid you need to drink during the exercise to stay well hydrated.

To avoid bloating drink fluids uniformly throughout the exercise and get a head start by drinking about half to an hour prior to exercise. Continue to drink well for the rest of the day.

Hydrating vs. Dehydrating fluids

Some drinks are able to replenish body fluids faster than others. Drinks can be divided into hydrating and dehydrating.

Drinks that contain caffeine are dehydrating as caffeine is a diuretic - it actually speeds up fluid loss. Drinks, which contain caffeine, include tea (both black and green), coffee and most soft drinks.

Hydrating fluids don't contain caffeine and are not high in protein and other colloidal particles. Water is the best hydrating fluid found in nature.

Sports drinks are synthetic drinks designed to improve the speed at which water is absorbed from the stomach. Studies show some, but not a great difference, between water and sports drinks in their ability to replenish body fluids.

The difference may be relevant for athletes competing at their peak.



Photo by Staff Sgt. Mikal Canfield

Polar Bear Run

MISAWA AIR BASE, Japan – Chief Master Sgt. Franklin Smith completes another lap of the "Polar Bear Run" Jan. 1. Runners braved temperatures in the low 30s to help kickoff "Fit to Fight," the new Pacific Air Forces' conditioning program aimed at getting airmen ready for the upcoming Air Force fitness test. Chief Smith is the 35th Fighter Wing command chief master sergeant.

Be smart. Don't drink and drive.